Food and Health. BY DR. J. H. HANAFORD.

the influence of our food over our health It is true, however, as every physiologist must admit, not only that our health is about what we make it, but that it is materially controlled by our dist, more, perhaps, than by any other cause. It follows, both as a logical sequence and a moral necessity, that while this important influence must be exerted by the quantity of our food, it becomes a religious duty in the lower relations of life, and gladly avail ourselves of them in adopting the food to the varying conditions of the muscle-food. Such men easily ascertain spiration. what really affords this food in the best All through life, through storms HARD AND SOFT COALS! in the care of themselves, since they know a woman's love. While it may sometimes be true that the supply the need. of human life.

ed; and it is equally appropriate, in the sympathy and love. preservation of the health, and still more, in the structure of the human body, so to power, we right employ muscle-food, must nourish them. If we would give more vitality to the teeth, and, indeed, all of the bones of the body we can do so every tissue, its a appropriate food.

starving, simply because vitiated tastes vertisement consequently is genand false customs demand substitutes erally most seen. A few dollars instead of real food-the carbons and the thus invested will do more to reexcitants instead of muscle-food that on vive a sluggish business than anywhich strength, power, endurance, real thing else in the world." vital force must ever depend. That was hold and the tormentor of many a frail female-will be the exception instead of the rule. The "coming man" of the era of muscle development will have some of the original man, some of the Nimrod and Methusaleh elements in his struc-

This muscle-food is found in its primitive and best forms in the various grains, in the wheat more especially, which abound in the three elements specially demanded, food for the brain and nerves, for the muscles, especially found in the outer crust, while the source of fat and heat is in the central mass of starch. all in that superb article called, "Smith's Crushed White Wheat," and also in the "Superlative Graham." I do not hesitate to say, as a physician, that the use of these preparations (on which, with pure COMBS & BRUSHES water, one may live long, though a wider range is admissible and best), will do much to improve the general health, and in so doing vastly add to the sum of human happiness, promoting the public morals and add to the term of life .-"Home Guardian."

----UNREASONABLE. - A French paper tells this story: X., a man on whom fortune had not smiled, married a rich heiress, Miss D., against the will of her brother. a gentleman in high position. Since his sister's marraige D. will not recognize either the wife or the husband. One day he met X., who came up and offered ever worn, particularly adapted to tender and en Celebrated Cucumber Wood his hand. "Never!" replied the implaca- cramping so common to the circle seam shoe. Lable brother-in law. "How? You refuse dies are respectfully invited to call at the your hand to me?" said the late bridegroom. "I understand why you should Old Family Shoe Store manner from the best wild cucumber timber, for not like to speak to your sister, who has made a bad match; but what reason have and examine for themselves the merits of the celeyou for bearing such a grudge against brated shoe, me, since I have made an excellent c. A FELCH.

What Men Need Wives For.

It is not to sweep the house, make the bed, darn the socks and cook the meals, chiefly that a man needs a wife.

If this is all he needs, hired help can do it cheaper than a wife. If The relations of cause and effect are this is all, when a young man calls often so manifest that we may trace them to see a lady send him into the with but little difficulty; yet but few, pantry to taste the bread and cake comparatively, are willing to acknowledge she has made; send him to inspect needle-work and bed-making; or MOULDINGS, put a broom in her hand, and send him to witness its use.

Such things are important and the wise young man will quickly look after them; but what the true man wants a wife for is her companion- order. ship, sympathy and love.

The way of life has many dreary MASON'S MATERIALS, places in it, and man needs a comto promote health as a means of increas panion to go with him. A man is ing our usefulness. We acknowledge he meets with failure and defeat; sometimes overtaken by misfortune, these great and fundamental principles trials and temptations beset him, and he needs some one to stand by and sympathize with him.

He has some hard battles to fight brutes carefully selecting the appropriate with poverty, enemies and sin; and food for the race horse, the canary, the he needs a woman that, when he pet poodle, the fancy fowl, the milch puts his arm around her, he feels cow, and even the filthy swine. If we that he has something to fight for would increase eggs of our fowls we are _she will help him to fight; that too shrewd to fatten them, while no man she will put her lips to his ear and is so stupid as to fail to feed his valuable whisper words of counsel, and her horse, whether a racer or a worker, on hand to his heart and inspire in-

possible forms and at the cheapest rates, and through sunshine, conflict and manifesting far more judgment and victory; through adverse and MASON'S MATERIALS shrewdness in this matter than they use through favoring winds, man needs

that the horse is worth the cash, and that | The heart yearns for it. A sisa neglect might involve pecuniary loss. tel's or a mother's love will hardly herse is more-valuable than his driver, Yet many seek for something

we are generally bound to respect the im- further than successful housework. portance of human health and the value Justly enough, half of these get nothing more, the other half, sur-In the mechanic arts we necessarily prised beyond measure, have gothave regard to unvarying principles, ten more than they sought. Their seeking the requisite materials for certain wives surprise them by bringing Sidewalks Flagged by Special Contract. products,—the wood, the steel, the cop- out a noble idea in marriage, and seasoned wood, sawed, by the cord. per and the brass, when such are demand- disclosing a treasury of courage, Also, KINDLING WOOD to families and stores by

To Business Men.—Prindence speak, that we should not only regard and economy of course are the two chemical principles, remedial relations great lessons to be learned; but as and dependences, but that we should one part of these lessons, which in build understandingly, carefully study. dull times, is very liable to be foring the relations of cause and effect. If gotten, be sure of one thing: Whatwe would increase the capacity of the ever you have to sell there are muscles, add to their size, firmness and many people ready to buy, even in the most depressed seasons. Find them out; show them your wares; persuade them to buy of you rather than of another. When buyers Lehigh Hazelton Coal. are reluctant, sellers must be aconly by affording them nutriment. If we tive. It is neither cheap nor senwould sustain the brain and the nerves, sible to sit still behind your counwe can do no better than to supply them ter and wait for the bustle of trade with their proper aliment. Indeed, if to revive. When business is dull, we would develop the body hammonious- that is the very time when you ly, we must nourish it, afford each organ, most need to advertise; and in the Bloomfield second place, that is when people It is an indisputable fact that in this devote most time in reading the land of plenty many, many, are literally newspapers, and when your ad-

no greater oppression when the Isra-lites THE ENGLISH POLAR EXPEDITION. were required to "make bricks without -News has been received in Engstraw," than to demand labor and en- land from the polar expedition durance without supplying the muscles which sailed early in the summer. with a generous supply of nitrogenous Both ships had arrived at Disco, food. A man may as well attempt to Greenland, after a pleasant voyage, live without air as to expect health and and preparations for pushing furpower of his muscles while he deprives ther north were in active progress. them of their true food. Indeed, when During next spring six sledges will men will be as careful and as wise in ad- start for the pole. One sledge will apting the food of the family to the in- leave the party and return every dividual demands and necessities-re- week or so, transferring its surplus or son-participating Plans. membering their relatives importance— provisions to the others. When as they are in the management of the the exploring party is thus reduced J. A. Hedden, Treas. E. W. McClave, Vice Pres' stable or apiary, the medical profession to one sledge, that will push on will have less patronage. Children rear- alone and reach the pole by itself. ed under such a regimen will have If this is done satisfactorily, and muscle as well as brain, bones and teeth all the surveys are completed, the as well as fat, and nerves so natural that expedition will be able to return to neuralgia—the evil spirit of many a house | England during the autumn of 1876. Dividend of three per cent for the past six menths,

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This Institution will pay Interest to Depositors, under the provisions of the By Laws, for the three or six months ending June 30th, 1875 at the rate of Six per cent. per annum.

This Interest will be carried at once to the credit of Depositors on the first of July, when it will stand exactly as a deposit made on that day; bearing interest for the next six months if not withdrawn. It will be entered on the pass book at any time after the 20th July. Deposits commence to bear interest on the first day of July, October, January and April, in each

Bloomfield, June 1st, 1875. ISRAEL C. WARD, President, T. C. BOOD, Treasurer.

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to said Weaver avenue; (4) thence along the line of said Weaver avenue in a northerly direction one hundred feet to the place of beginning, containing sixteen thousand seven hundred and fifty (16,750) Card as above, and thankful for the patronage be- square feet more or lessstow for the past thirty-one years by the people of and ten (10) in block A on Weaver's map, and being. Bloomfield and adjacent towns and country, solicits ver by deed from E. W. Page and wife in the year a continuance of the same, trusting that a strict 1959, and also conveyed by deed from said Weaver attention to all business entrusted to him, will merand wife in the year 1872 to the said Marguerite

it their favor in the future as in the past.

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to ms directed. I shall expose for sale by public ven-due at the Court House, in Newark, on Tuesday, the 21st day of September next, at two o'clock P. M., all the following described tract or parcel of land and premises situated in the township of Bloomield, Essex county, New Jersey Beginning at the south corner of lands belonging to James Ball on the west side of the road leading through Bloomfield by Stone House Plains ; thence (1) along the said Ball's line north seventy-five de-grees west five chains and two links to Joel Dun-ham's line; thence (2) along the said Joel Dunham's south sixteen degrees west fifty and one-hal inks; thence (3) further along the line of said Joe unham in an easterly direction, bearing a little south four chains and eighty nine links to the afore said road; theuce (4) along said road nearly north sixty-one and one-half links to the place of begin-

SHERIFF'S SALE.—In Chancery of New Jersey.

Being the same premises conveyed by Joseph Car ter and Frances Carter to the said Sabia Carter wife of the said John S. Carter, by deed bearing JAMES PECKWELL, Sheriff.

NEWARK, N. J., July 20, 1875. I. R. KENNY, Solicitor.

ESSEX COUNTY, SURROGATE'S OFFICE, AUhomas Oakes Executor of Hetty Edwards, dec'd Surrogate's Order to Limit Creditors. On application of the above named Executor it is ordered that said Executor give public Notice to the Creditors of the Estate of said Decedent, to bring in their debts, demands or claims against the same, under oath, within nine months from this date, by setting up a copy of this order, within twenty days hereafter, in five of the most public places in the county of Essex for two months, and also within the said twenty days, by advertising the ne in the BLOOMFIELD RECORD for the same space time, and if any Creditor shall neglect to exhibi his or her debt, demand or claim within the said period of nine months, public notice being given as aforesaid, such Creditor shall be forever barred of his or her action therefore against the said Execu

GEO. D. G. MOORE, Surrogate. CHERIFF'S SALE .- Essex Circuit Court Waterbury Brass Company and others,vs Edward Moran. Fi. fa., &c. The sale of property in the above stated case stands adjourned until Tuesday, the twenty-first day of September next, at 2 o'clock P. M. at the Court House in the city of Newark.

JAMES PECKWELL, Sheriff.

HERIFF'S SALE.—In Chancery of New Jersey.

Between George F. Dodd, complainant, and
Henry C. Spalding, The Watsessing Land Company
and al., defendants.—Fi. fa., for sale of mortgaged premises.

The Sale of Property in the above stated case stands adjourned until Tuesday the 28th. day of September next, at 2 o'clock, P. M., at the Court House, in the City of Newark.

JAMES PECKWELL, Sheriff. Newark, N. J., Aug. 31, 187

TOTICE OF SETTLEMENT.

Newark, N. J., July 20, 1875

Notice is hereby given that the accounts of the Subscribers, Executors of John R. Dodd, deceased, will be audited and stated by the Surrogate, and reported for settlement to the Orphans' Court of the County of Essex, on Tuesday, the fifth day of

Dated July 31st, 1875.

SHERIEF'S SALE.—In Chancery of New Jersey.— Between Emanuel Hirshkind and others com plainants, and Marguerite Yenne and others defendants—Fi. fa., for sale. By virtue of the above stated writ of fieri facias to me directed, I shall expose for sale by public vencounty, New Jersey: Beginning at a point in the westerly line of Weaver less to land of Jay L. Adams; (2) thence along the Yenne.

JOSEPH B. HARVEY. Newark, N. J., August 4, 1875.
Thos. M. Moore, Solicitor. HERIFF'S SALE—New Jersey Supreme Court— Benja nin Buckley and sis. vs. Joseph R, Tsg-gart, John Van Elten and Bernard Henck. Fi. fa.,

By virtue of the above stated writ of fieri facias, to me directed. I shall expose for sale by public vendue, at the Court House, in Newark, on Tuesday, the 5th day of October next, at two o'clock, P. M., all that tract or parcel of land and premises, situated in the township of Caldwell. Essex County New Lorsey. Beginning at a point distant one chain and thirty-three links from the intersection of the Linsey road with the Fairfield and Little Falls road; thence run-

SHERIFF'S SALE. 1.—In. Chancery of New Jersey. Between Ann Woodhead, compit, and Edward P. Clark, et ux., et als, deft's. Fi. fa. for sale of mortgaged premises. The sale of property in the above stated case stands adjourned until Tuesday the 5th day of October next, at 2 o'clock, P. M., at the Court House, in the city of Newark.

JAMES PECKWELL, Sheriff. Newark, N. J. Sept. 7th 1875

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Between Sabia Carter, complainant, and Walter S. Freeman and als., defendants. Fi. fa., for sale of mortgaged premises.

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WILLIAM B. DODD, Low Rates.

due, at the Court House, in Newark, on Tuesday, the 5th day of October next. at two o'clock, P. M., all that tract or parcel of land and premises, situated in the township of Bloomfield Essex avenue distant southerly from Newark avenue one hundred and fifty-seven feet; thence at right angles with said Weaver avenue along the line of Weaver and Edward Quinn in a westerly direction one hun-dred and sixty-nine feet and four inches more or line of said Adams south twenty-six degrees and fifteen minutes (26 deg. 15 min.) west one hundred Parlor, Office and Cook Stoves, Hatters' Kettles, feet; (3) thence easterly and parallel with the first course one hundred and sixty-six feet more or less

NEW JERSEY, information about JAMES PECKWELL, Sheriff. his State, should subscribe for the "STATE CAZETTE,"

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ning along said Linsey road southeast thirty-three degrees thirty minutes three chains ninety links; thence southward eighty-one degrees four chains agd eighty-five links; thence northwest eight degrees thirty minutes three chains and twenty-six links; thence northeast seventy-nine degrees thirty minutes three chains thirty-eight links to the place of befinning. . JAMES PECKWELL Sheriff. Newark N. J., August 4, 187

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at 10% a. w. and at 7 MF. M. TOWNSHIP COMMITTEE. Meet 2d and 1th Fridays . E. In each month, over Madison's Market COLLECTOR OF TAXES. Ira Campbell, Residence. JUNTICE'S COURT -larged Coe, Corby's Hullding Gienwood ave. Thos. P. Day, Brooknide OVERSEER OF POOR. J. M. Walker, Besidence

> MONTCLAIR R. R. TIME TABLE. Leave | Leave | Leave | Arrive

8 54 A M 6 00 A M 6 07 A M 7 00 A M 7 37 7 42 7 40 8 50 4 40 PM 4 55 PM 5 02 PM 6 00 PA Leave Leave Leave Arrive N. York. Newark. Birfield Mudair. 4 30 PM 6 35 PM 5 35 PM 5 38 PM 6 26 6 39 6 38 7 16 7 28 7 39 8 23 4 M 9 28 8 34

The 8.22 a. M. train from Newark controls at Monks by Stage and Steamboat for the Hotels at the upper and of Greenwood Lake. Returning arrives at New York at 6.00 P. M., allowing passengers over Excursion tickets including biage, Bleamboat and Rail Boad fare on sale at the principal stations at THOS. C. PURDY, Supil

Trains stop in Bloomfield at Grove and at Bryad-

D. L. & W. R. R. TIME TABLE. Leave Leave Leave Arrive 6 85 AM 6 41 AM 6 56 AM 7 40 AM 10 10 1 10 PM 1 17 EM 1 50 PM 2 30 PM 3 55 6 90 6 10 9 46 10 08 10 40 Leave Arrive N. York Newark. Bl'field. Montel'r 6 59 A M T 05 A M 9 45 9 61

Nove On Friday nights a M. & E. train leaves New York for Bloomfield and Montelair at 12 M. Beturning, Leeve Montclair at 1 15 PM, Bloomfield 1 21 PM.

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